

1-Arm Curl with Twist

Equipment Needed: Cable Crossover, Low-Pulley, Single Grip

Start at this Position:

- Attach the single grip to the low pulley.
- Hold the grip. Palm faces in.
- Keep your elbow in front of your body and slightly bent. Do not bend your wrist.
- Stabilize your body, placing one leg in front of the other.
- Stand with your back straight, head aligned with spine, and knees slightly bent.

Steps in Performing the Exercise:

1. Start Position



Exhale as you slowly curl the single grip up.

2. Middle Position



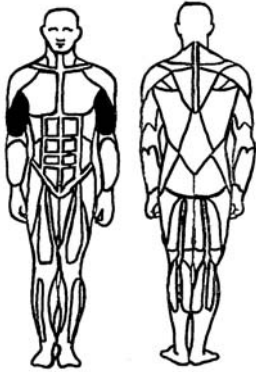
As you curl, concentrate on twisting your wrist outward. Move only your lower arm, by bending from your elbow. Keep your upper arm stationary.

3. End Position



Continue to twist, positioning your pinkie higher than your thumb. Curl until your forearm touches your bicep. Do not bend your wrist. Hold for 1/2 a second, squeezing your bicep.

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Region: Arms

- Primary Muscle Worked: Biceps

Focus on Your Form:

- Throughout the entire range of motion:
 - Keep your back straight, head aligned with your spine, and knees slightly bent.
 - Keep your forearm aligned with your shoulder.
 - Do not bend your wrist when twisting.
 - Keep your elbow in front of your body and stationary.
 - Move by bending only at your elbow.
- At start position, do not lock out your elbow.
- Use your bicep to perform the exercise, not your back.

4. Return to Middle



Inhale as you slowly return to starting position, by reversing the motion.

5. Return to Start



Do not lock out your elbow. Repeat the movement for the recommended number of repetitions. Duplicate the exercise for the other side of your body. For each set, perform the entire exercise for one arm first, then for the other arm.